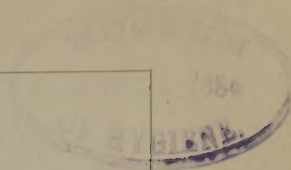


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CIRCULAR

OF THE

*State Board of Health,*

CALIFORNIA.

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RESUSCITATION

OF THE

**DROWNED.**

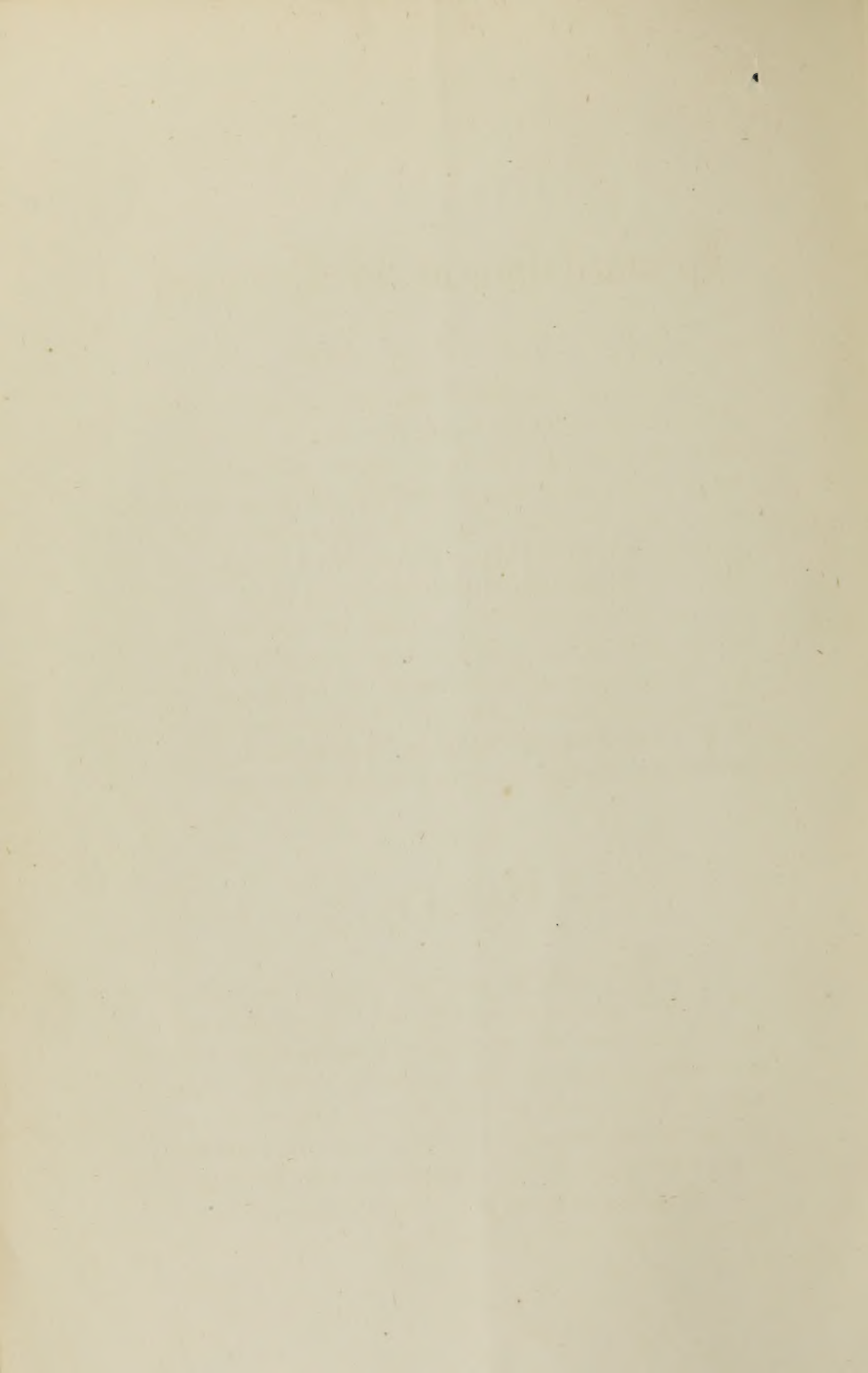
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*METHODS*

TO BE ADOPTED ON THE SPOT.

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Please Preserve this Circular, or place  
it in the hands of some one by whom  
it may be likely to be used.



# Resuscitation of the Drowned.

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The season for DEEP-WATER, especially SEA BATHING, being at hand, the STATE BOARD OF HEALTH issue the following advice and directions, which may be profitably adopted in case of accident by drowning. They are simple, always available, require no delay, and can be effectually practiced by any intelligent person, until medical aid can be obtained. Many lives are annually lost by drowning through ignorance on the part of bystanders of the proper method of restoration, and many sacrificed by the use of inefficient and improper means. The plan of treatment proposed is the "Direct Method" suggested by Dr. Howard, and adopted by the New York Life Saving Institution.

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## RULES.

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1. INSTANTLY turn the patient downward, with a large firm roll of clothing under his stomach and chest. Place one of his wrists or arms under his forehead, so as to keep his mouth off the ground. Press with all your weight, or with a force proportioned to the age of the patient, TWO OR THREE TIMES, FOR FOUR OR FIVE SECONDS EACH TIME, upon the patient's back, below the shoulder-blades, so that the water may be pressed out of the lungs and

stomach, and drained freely out of the mouth; as represented in the following cut. (Fig. No. 1.)

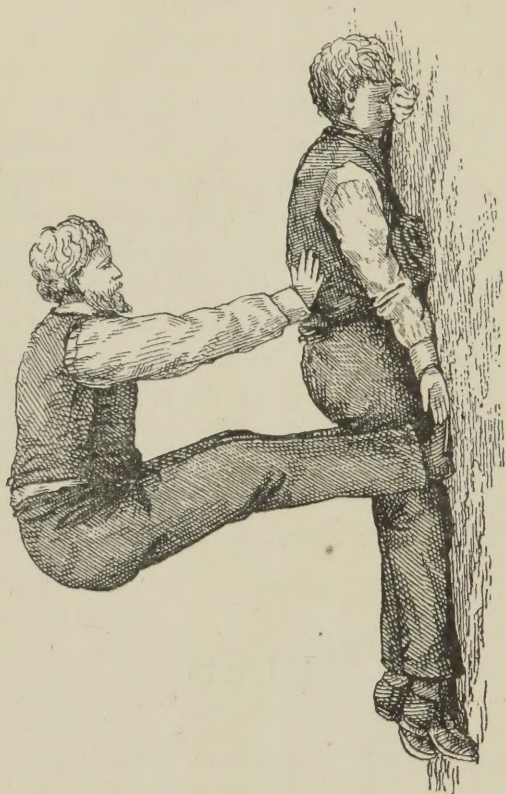


FIG. NO. 1.

2. QUICKLY turn the patient, face upward, with the roll of clothing under his back, just below the shoulder-blades, so as to make the head hang back as low as possible. Place the patient's hands above his head, where they may be secured by a handkerchief or cord. Kneel with the patient's hips between your knees, and fix your elbows firmly against your hips. Now—grasp-



ing the lower part of the patient's naked chest—squeeze his two sides together, pressing **GRADUALLY FORWARD** with all your weight, for **ABOUT THREE SECONDS**, until your face is nearly over the face of the patient, as shown in the following. (Fig. No. 2.)



FIG. NO. 2.

Then, with a push, **SUDDENLY** jerk yourself back. (Fig. No. 3.)

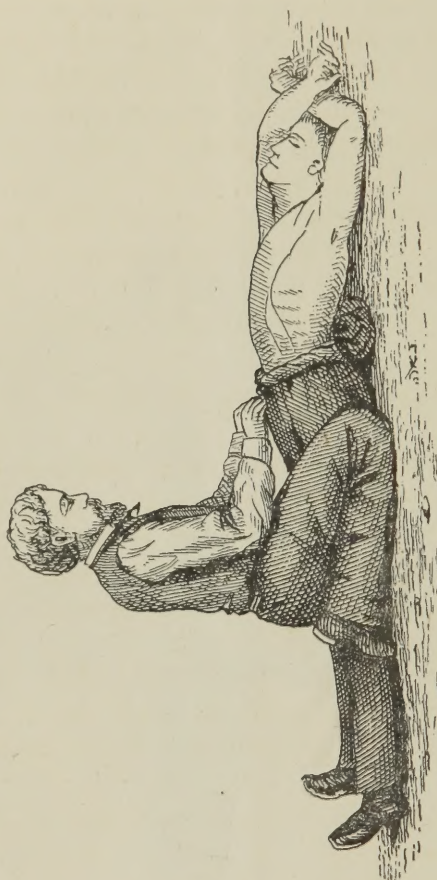


FIG. No. 3.

Rest about **THREE SECONDS**; then, begin again (Figure No. 2), repeating these bellows-blowing movements about **EIGHT OR TEN TIMES A MINUTE, FOR, AT LEAST, ONE HOUR**, or until the patient breathes naturally. By these alternate movements, foul air is pressed out of the lungs and pure air drawn in.

NOTE.—The above directions must be used ON THE SPOT, THE FIRST INSTANT THE PATIENT IS TAKEN FROM THE WATER. Lose no time. A moment's delay—and success may be hopeless. Observe that neither APPARENT death, nor much delay in the appearance of the signs of life, afford just ground for despair. Perseverance is often rewarded by success, even after an apparently hopeless prolongation of insensibility.

Act PROMPTLY and STEADILY, following closely the rules given.

Prevent crowding around the patient. Fresh air is essential.

Should the patient commence to breathe, be careful not to interrupt the first short natural breaths. If they be long apart, carefully continue between them the bellows-blowing movements as before. (Figs. 2 and 3.)

After breathing is regular, let the patient be rubbed dry and wrapped in warm blankets.

As soon as the patient can CERTAINLY SWALLOW, a little warm spirit and water may be given. This should be done cautiously, lest the patient may be choked.

After restoration, let the patient be KEPT QUIET and sleep encouraged.

The above rules are intended for adoption in the case of adults. For younger persons the force applied, as shown in Figure No. 2, should be modified to suit the age, "the operator feeling his way as to how little or much he is doing, or may do, and regulating his course accordingly."

